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ABSTRACT

These instructional materials provide reading materials, recipes, and exercises to help students prepare for the practical reading section of the General Educational Development (GED) Tests. The passages can also help students learn and practice some important life skills in the areas of nutrition and food safety. Basic skill improvement is in reading, problem solving, and computation. Each section/lesson, which is in the format of a newsletter entitled Nutrition News, presents a penny planner's menu for three meals, reading passage, recipes for starred items in the menu, and exercises. Topics include (1) Call it Stuffing, (2) Complete Protein, (3) Cottage Cheese, (4) Dietary Goals, (5) Harvest Fruits and Vegetables, (6) Hot Weather Menus and Tips, (7) Low Blood, (8) Milk Matters, and (9) No-Nitrite Meats--Handle with Care. Answer keys provided at the end indicate the GED skill and/or basic skills addressed as well as answers to all exercises. (YLB)

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GED TEST PREPARATION: PRACTICAL READING

NUTRITION, HEALTH, RECIPES

Reading Material and Recipes
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ALLEGHENY COUNTY HEALTH DEPARTMENT

Nutrition Services
3441 Forbes Avenue
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Courtesy of W. W. Lee, Adult Education Specialist
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INCORPORATING LIFE-SKILLS INTO GED PREPARATION

GED Preparation: Practical Reading

Life-Skill Development: Nutrition and Food Safety

Basic Skill Improvement: Reading
Problem-Solving
Computation

The new GED tests include many passages and questions related to an adults' daily living needs. One area where this is most evident is the Practical Reading portion of the new GED Reading Test. Students may be asked to read passages and answer questions about newspaper employment advertisements, about recipes, about common sense items for safety and health.

The following passages, recipes, and exercises can help your students prepare for this practical reading section of the GED test. These passages can also help the students learn and practice some important life-skills.

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NUTRITION NEWS

"Call It Stuffing"

PENNY PLANNER'S MENU

BREAKFAST

Orange Juice
Coconut French Toast*
Milk

LUNCH

Mexican Rice & Bean Soup*
Cornbread & Margarine
Apple
Milk

DINNER

Baked Chicken
Peas & Onions
Stuffing*
Tossed Salad with Oil & Vinegar
Cranberry Crisp*
Milk

Call it stuffing, dressing, or filling -- it's a good tasting side dish. It is often served with turkey or chicken during the holidays. Recently we've heard more about it as the result of advertising of a fast-cooking stuffing product.

But the made-at-home recipe for stuffing is also easy to prepare and costs about half as much as the packaged product. Nutritionally, the made-at-home stuffing recipe and the packaged product are about alike. But if we compare stuffing to mashed potatoes, as a side dish, we find the potatoes have more vitamin C and fewer calories.

Unfortunately, many cooks put the stuffing right in the bird to cook. There is danger of food poisoning when this is done. Bacteria can grow in the stuffing before the heat can get through the meat of a big bird. It is much safer to cook the stuffing in another pan beside the bird. If the oven is not large enough for that, add 30 minutes to the cooking time of the bird and take it out to rest while baking the stuffing. Or, try the made-at-home recipe for top-of-the-range stuffing.

Store any leftover stuffing in the refrigerator packaged by itself.

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COCONUT FRENCH TOAST

3 beaten eggs
1/2 cup milk
1 tablespoon sugar
1/2 cup shredded coconut
1/2 cup crushed flaked cereal
6 slices bread
1 tablespoon margarine

In a shallow dish, blend eggs, milk and sugar. In another shallow dish, combine coconut and crushed cereal. Dip bread in egg mixture, then in coconut mixture, coating both sides. Heat margarine and fry bread until browned on both sides. Serve right away. This recipe is sweet enough to be served without syrup. 6 servings.

MEXICAN RICE & BEAN SOUP

1 lb. pork sausage
1/2 cup chopped onions
1/2 cup chopped green pepper
3-1/2 cups water
2 cups tomato juice
3-1/2 to 4 cups can or cooked kidney beans
1/2 cup regular rice, uncooked
1/2 to 1 teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon salt
dash of pepper

Break sausage into pieces. Brown slightly in large saucepan. Spoon off all but about 2 tablespoons fat. Add onion and green pepper and cook until tender, Add water, tomato juice, beans, rice, paprika, chili powder, salt and pepper. Simmer, covered, for 25 - 30 minutes, until rice is tender. 6 servings.

APPLE STUFFING

6 cups bread chunks, crumbs or cubes - it may be dry*
1/2 cup margarine
1/3 cup minced onion
1/2 cup chopped celery
1 cup chopped apple with skin
Margarine
1-1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon sage
1-1/4 cup hot broth (from cooking, or chicken bouillon cube in 1-1/4 cups boiling water

Tear bread into chunks or use prepared cubes. In a pan melt margarine and cook onion, celery and apple until they are soft. Mix with bread, salt, pepper, sage and toss. Moisten with either broth or bouillon. Crumbs will tend to clump together.

Oven Cooking-Grease 8" square or similar pan. Put in stuffing and cook 30 minutes at 325 degrees.
Top-Of-Range-Grease a large, heavy pan. Put in stuffing. Cover and cook 15 minutes over low heat. Turn stuffing once during cooking.

*Cornbread adds flavor. Never use moldy bread.

CRANBERRY CRISP

1/2 cup Soft Margarine
3/4 cup brown sugar (packed)
1/2 cup flour
1/2 cup rolled oats
3/4 teaspoon cinnamon
3/4 teaspoon nutmeg
1 can whole berry cranberry sauce

Blend until crumbly the margarine, sugar, flour, oats, cinnamon and nutmeg. Grease 8" square or similar pan. Put half crumb mixture in pan. Spread with cranberry sauce and place remaining crumbs on top. Bake at 325 degrees for 25 minutes. Take from oven and run knife around edge to prevent sticking to side of pan. Serve warm in small bowls with milk.

EXERCISES: CALL IT STUFFING

Exercise One

INSTRUCTIONS: Choose the best answer to complete the following statements.

1. Recently, we've heard more about stuffing

   a. because it's Thanksgiving
   b. because more people are eating turkey
   c. because of advertising about a fast-cooking stuffing product
   d. because people are eating fewer potatoes
   e. because there is a revival of traditional holiday recipes

2. Made-at-home stuffing

   a. costs about half as much as the packaged product
   b. tastes better than the packaged product
   c. takes longer to prepare than the packaged product
   d. is not as popular as the packaged product
   e. is served less often than the packaged product.

3. If we compare stuffing to mashed potatoes as a side dish, we find

   a. that stuffing costs about half as much as potatoes
   b. that stuffing tastes better than potatoes
   c. that potatoes take longer to prepare than stuffing
   d. that potatoes are not as popular as stuffing
   e. that potatoes have more vitamin C and fewer calories

4. When stuffing is put right inside the bird to cook, there is

   a. a longer cooking time for the bird
   b. a better taste to the stuffing
   c. one less pan to wash
   d. a danger of food poisoning
   e. a need for a higher oven temperature

5. If stuffing cannot be cooked in a separate pan beside the bird, you should

   a. put it in the bird to cook
   b. add 30 minutes to the cooking time of the bird and take it out to rest while cooking the stuffing
   c. try serving potatoes instead of stuffing
   d. prepare the stuffing the day before and heat it in a microwave oven
   e. choose a smaller bird so that the bird and the stuffing will fit in the oven

Exercise Two

INSTRUCTIONS: Choose the best answer to complete the following statements:

Coconut French Toast

1. This recipe calls for

   a. ½ cup whole whaat cereal
   b. ½ cup dry cereal
   c. ½ cup shredded cereal
   d. ½ cup crushed whole grain cereal
   e. ½ cup crushed flaked cereall

2. This recipe should be

   a. sprinkled with sugar
   b. served with honey
   c. served without syrup
   d. served ½ hour after preparation
   e. refrigerated before serving

Apple Stuffing

3. This recipe can be

   a. cooked in the oven for 30 minutes
   b. cooked on top of range for 15 minutes
   c. moistened with broth or bouillon
   d. prepared with cornbread, bread cubes, or bread crumbs
   e. all of the above

Cranberry Crisp

4. This recipe can be cooked in

   a. an 8" square or similar pan
   b. on top of the stove
   c. in a round cake pan
   d. in a covered casserole dish
   e. in individual serving bowls

5. This recipe calls for

   a. one cup fresh whole cranberries
   b. one can whole berry cranberry sauce
   c. one can cranberry sauce
   d. one cup frozen whole cranberries
   e. one cup cranberry-flavored gelatin

NUTRITION NEWS

"Complete Protein"

COMPLETE PROTEIN CASSEROLES--WITHOUT MEAT

Complimentary Proteins		Sauce	Vegetables	Topping
2 cups cooked	1 cup cooked	1 can soup & 3/4 cup water	1-1/2 cup	3-5 Tbsp.
Brown Rice	Soybeans	Cream of Tomato	Browned celery and green onions	Wheat Germ
Macaroni	Dried Lima	Cream of Potato	Mushrooms & Bamboo Shoots	Slivered Almonds
Corn	Dried Peas, Whole or split	Cream of Mushroom	Browned green pepper and garlic	Fresh whole wheat bread crumbs
Spaghetti, enriched or whole wheat	Kidney beans	Cream of Celery	Cooked Green beans	Sesame seeds
White rice, converted	Lentils	Cheddar Cheese Soup	Cooked Carrots	Chopped Peanuts
Noodles, Enriched or whole wheat	Garbanzos (chickpeas)	Cream of Pea	Browned onion and pimento	Sunflower Seeds

Source:
Anna Gordon,
Dietetian,
Columbia-
Presbyterian
Medical Center,
NYC

Adapted from
Nutrition-Action,
February, 1976.

1. Choose one ingredient from each of the five columns.
2. Mix together ingredients from first 4 columns.
3. Pour into greased casserole dish (2 qts.) and bake 30 minutes, at 375 degrees F.
4. Top with one choice from column 5 and bake 15 minutes longer at 325 degrees F.
5. Salt to taste at the table. Serve with bread and a salad. (each casserole serves 4 to 6)

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AVERAGE PROTEIN CONTENT OF A VARIETY OF FOODS

15-20 grams	8-10 grams	6-8 grams	4-6 grams	1-4 grams
Dried peas, beans or lentils, cooked 1 cup	Milk, 1 cup (Whole, skim, 2%)	Cheddar cheese, 1 ounce, 1 egg Green lima beans, 1/2 cup Pasta, cooked 1 cup (macaroni, noodles) Nuts, 1/4 cup Ice Cream 1 cup Ice Milk 1 cup	Green peas, cooked 1/2 cup Cereals, cooked or ready-to-eat 1 cup Rice, cooked 1 cup Sponge cake- 1 serving Coconut, 1 cup Wheat germ 2 tablespoons Sesame seeds 2 tablespoons Sunflower seeds, 2 rounded tablespoons Bagel, 1 Peanut butter, 2 tablespoons	Bread or Toast 1 slice roll, 1 cakes, 1 serving Fruits - 1/2 cup other vegetables not listed above 1/2 cup

EXERCISES: COMPLETE PROTEIN

Exercise One

INSTRUCTIONS: Choose the best answer to complete the following statement.

COMPLETE PROTEIN CASSEROLES

1. A casserole should be made with ingredients from

   a. three categories
   b. one category
   c. four categories
   d. five categories
   e. two categories

2. These casseroles are good because they

   a. taste good
   b. are easy to fix
   c. provide complete protein without meat
   d. use lots of vegetables
   e. do not cost much

EXERCISES: AVERAGE PROTEIN CONTENT

Exercise Two

INSTRUCTIONS: Read the chart titled "Average Protein Content of a Variety of Foods," and fill in the blanks below with the correct answer.

1. One cup of cooked dried peas provides _____ of protein.
2. One slice of toast provides _____of protein.
3. One cup of ice cream provides _____of protein.
4. Two tablespoons of peanut butter provides _____ of protein.
5. One cup of buttermilk provides _____ of protein.

NUTRITION NEWS

"Cottage Cheese"

PENNY PLANNER'S MENU

BREAKFAST

Orange Juice
Cold Cereal
Oatmeal Muffins*/Margarine
Milk, Coffee, Tea

LUNCH

Cottage Cheese Scallped Potatoes*
3-Bean Salad
Frozen Fruit Juice Bars
Iced Tea/Milk

DINNER

Cold Sliced Meatloaf
Macaroni Salad
Sliced Tomatoes & Green Peppers
Rolls/Margarine
Peach Crisp*
Coffee, Tea, Milk

(Recipes On Back)

COTTAGE CHEESE

Cottage cheese serves as an economical main dish that you can really enjoy!! It is one of the finest quality, low cost protein food you can buy. Whether it is creamed or uncreamed, it is low in calories for the weight-conscious dieter.

Cottage cheese has endless uses in cooking or just plain. It makes a delicious spread for sandwiches, can be eaten alone with crackers, and blended can serve as a base for dips or sandwich spreads.

Keep cottage cheese refrigerated and always use it while it's fresh. Whenever possible, choose cottage cheese without fruit or added vegetables. These products limit possible uses and the addition of fruit may sometimes cause the cottage cheese to separate more easily. All cottage cheese sold in this area has an expiration date stamped clearly on either the lid or bottom of the container. Be aware of this date and buy the freshest cheese, that is the one with the latest date, if you intend to use it over a period of days.

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COTTAGE CHEESE SCALLOPED POTATOES

1 cup thinly sliced raw potatoes
1 cup creamed cottage cheese
1/2 tablespoon butter
1/2 cup milk (about)
salt and pepper to taste

Butter a small baking dish. Arrange alternate layers of seasoned potatoes and cottage cheese. Pour on milk to cover potatoes. Bake at 350 degrees F. for about 45 minutes or until potatoes are tender. Makes 2 generous servings.

OATMEAL MUFFINS

1 cup sifted all purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1/4 cup sugar
1 cup oats
3 tablespoons vegetable oil
1 egg - well beaten
1 cup milk

1. Sift together flour, baking powder, salt, and sugar; stir in oats.
2. Mix in oil, egg and milk.
3. Fill greased muffin tins 2/3 full.
4. Bake in pre-heated oven (425 degrees F.) about 15 minutes.

PEACH CRISP

6 cups sweetened canned or fresh peach slices, drained
1/3 cup sifted all-purpose flour
1 cup oats
1/2 cup firmly packed brown sugar
1/2 teaspoon salt
1 teaspoon cinnamon
1/3 cup melted butter or margarine

1. Place peach slices in greased baking dish.
2. Combine dry ingredients, add melted margarine, mixing until crumbly; sprinkle on top of peaches.
3. Bake at 375 degrees F. 30 minutes or until peaches are tender.
4. Serve warm or cold with your favorite whipped topping.

EXERCISE: COTTAGE CHEESE

INSTRUCTIONS: Write a short summary of the most important ideas given about Cottage Cheese. (Hint: a summary tells what the overall passage is about, but it does not provide many details. It only gives the main ideas, and it is usually one-third or less of the length of the original. For example, if the original passage is 11 or 12 sentences long, the summary would only be 3 or 4 sentences long.)

NUTRITION NEWS

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"Dietary Goals"

PENNY PLANNER'S MENU

BREAKFAST

Orange/Grapefruit Juice
Cold cereal with Milk
Hot Chocolate

LUNCH

Open-Face Chicken Sandwich*
Celery & Carrot Sticks
Oatmeal Cookies
Coffee, Tea, Milk

DINNER

Sausage Links
Corn Oysters with Syrup*
Apple Waldorf Salad*
Wholewheat Rolls Margarine
Coffee, Tea, Milk

(Recipes on Back)

DIETARY GOALS

The Senate Select Committee on Nutrition & Human Needs published in 1978 the "Dietary Goals for the United States". These "Goals" present guidelines that provide us with a guide to evaluate our food habits as they exist and as they might be improved.

Over the years the American food supply has changed and so have our food choices. We are eating more meals away from home and there is often a higher salt and fat content to those foods prepared away from home. The same may be true because of the large number of prepared foods we use such as seasoned frozen vegetables in butter sauce, frozen dinners, and packaged noodle and rice dinners. More of our calories come from refined sugars than from other carbohydrates such as fruits and vegetables. This reflects the trend to being a "snacking" generation with a large intake of soda pop and sweetened fruit flavored drinks. Over all, the Dietary Goals suggest we:

1. Reduce over-all fat intake especially fats that come from animal sources.
2. Increase the complex carbohydrates in our diet. These would be whole grains and fruits and vegetables, and reduce the consumption of sugar and other sweeteners.

3. Reduce the salt intake of the diet.

Remember these are only guidelines and need to be considered with other factors such as a perrons' food habits, age, and health.

The publication Dietary Goals for the United States, 2nd edition, Committee report of the Senate Select Committee on Nutrition & Human Needs, Publication #052-070-04376-8, is available from the U.S. Government Printing Office, Washington, D. C. 20402. $2.30.

OPEN-FACE CHICKEN SANDWICH

2 slices Swiss or American Cheese.
cut in strips
Thin slices cooked chicken
4 tomato slices
4 slices bread

Toast bread and lay on cookie sheet. Top with chicken and cheese strips. Place in 350°F. oven until cheese melts, or place under a broiler.

CORN OYSTERS

1 cup whole kernel corn
1/4 cup flour
1 egg, beaten
1 teaspoon salt
pepper
Oil for browning

1. Blend corn with flour and egg.
2. Season with salt and pepper.
3. Heat a well-greased skillet or griddle.
4. Drop by tablespoons on to griddle or skillet.
5. Brown on both sides, turning once, serve hot.

APPLE WALDORF SALAD

1 cup diced apple (not pared)
1/3 cup chopped celery
1-2 tablespoons chopped walnuts
3-4 tablespoons cottage cheese
Mayonnaise or Cooked Salad Dressing
Cinnamon

Combine all ingredients adding mayonnaise or salad dressing to moisten. Sprinkle with cinnamon. May be served as is or on lettuce or chopped greens.

EXERCISES: DIETARY GOALS

Exercise One

INSTRUCTIONS: Answer the following questions.

1. Where do you eat most of your meals?

   a. at home
   b. in a restaurant
   c. in a quick-food restaurant
   d. from vending machines or from foods sold in convenience stores

2. Are there any special problems caused by eating your meals where you do?

3. How could you improve your diet?

Exercise Two

INSTRUCTIONS: Review the Dietary Goal suggestions, then answer the following questions.

1. How does the open-face Chicken sandwich meet Dietary Goals?

2. How does the apple waldorf salad meet Dietary Goals?

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NUTRITION NEWS

"Harvest Fruits and Vegetables"

PENNY PLANNER'S MENU

BREAKFAST

Yogurt-N-Fruit*
Toasted English Muffins
Milk, Coffee, Tea

LUNCH

Eggs Foo Yung*
Tomato Slices
Wholewheat Toast
Margarine
Milk, Coffee, Tea

DINNER

Baked Acorn Squash*
Green Beans with Onion Rings
Hard Rolls-Margarine
Apple Crisp*

Fall weather brings the harvest fruits and vegetables. Winter squash, high in vitamin A and colorful additions to fall meals as well as the versatile apple, onions and end of season tomatoes. Tomatoes still green on the vine can be gathered just before the frost and wrapped in tissue or newspaper for storage and slow ripening. Although these won't be as flavorful as the summer vine-ripened tomato, they will still provide vitamins and minerals well into the late fall. Dry green tomatoes, wrap them individually and place them in a single layer in a cool, dry place. Check occasionally to remove ripe or spoiled ones.

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YOGURT-N-FRUIT

8 oz. plain lowfat yogurt
1 tablespoon strawberry jam or honey (optional)
5 or 6 strawberries, sliced

Stir jam into yogurt. Fold in strawberries. Spoon into small bowls.

Variations:

Use 1/2 cup drained, chopped fruit such as peaches, pears, or bananas in place of strawberries.

Jolly Orange Dip: Add 1/4 cup frozen orange juice concentrate to plain lowfat yogurt. Serve with sliced fresh or canned fruit. Also a great low calorie dip for vegetables.

EGG FOO YUNG

6 eggs beaten
1/2 teaspoon salt
1 teaspoon soy sauce
Vegetable oil
3/4 cup diced cooked meat (optional) (pork, chicken, ham)
1- 1-1/2 cups bean sprouts, rinsed and drained

Combine eggs, salt, soy sauce, and beat well. Add sprouts and meat. Heat oil in frying pan. Drop one quarter of egg mixture into pan and fry until brown. Turn and brown on other side. Repeat with remainder of mixture.

ACORN SQUASH

1 - 2 acorn squash

Wash squash, cut in half with heavy knife. Remove seeds and stringy parts. Place cut side down on greased baking sheet. Bake 35 minutes. Turn over and season with salt and margarine. Place 1 tablespoon honey, brown sugar, or frozen orange juice concentrate in the center of each squash half. Continue to bake for 15-20 minutes or until fork tender.

APPLE CRISP

2 tablespoons sugar
1/4 teaspoon cinnamon
4 cups pared, sliced tart apples
1/4 cup water
1/2 cup flour
1/8 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/3 cup brown sugar, packed
3 tablespoons softened butter or margarine

Mix sugar with 1/2 teaspoon cinnamon; sprinkle over apples and mix lightly. Spread apples in a greased 8 x 8 x 2 inch baking pan. Sprinkle with the water. Blend flour, salt, cinnamon, nutmeg, and brown sugar. Mix in fat to make a crumbly mixture. Spread over apples. Bake uncovered at 350 degrees F. (moderate oven) 40 minutes or until lightly browned and apples are tender.

EXERCISES: HARVEST FRUITS & VEGETABLES

Exercise One

INSTRUCTIONS: Choose the best answer to complete the following statements:

1. Fall weather brings

   a. falling leaves
   b. colder temperatures
   c. shorter days
   d. more rainfall
   e. harvest fruits and vegetables

2. Harvest fruits and vegetables are

   a. apples
   b. onions
   c. winter squash
   d. end of season tomatoes
   e. all of the above

3. Tomatoes still green on the vine can be gathered and

   a. pickled
   b. canned
   c. wrapped in tissue or newspaper
   d. frozen
   e. puree'd

Exercise Two

INSTRUCTIONS: Answer each of the following questions. This may require you to add, subtract, multiply, or divide or to change from one number expression to another.

YOGURT-N-FRUIT

1. What amount of yogurt, jam or honey, and sliced strawberries will be needed for a "double" recipe? (Hint: "Double" means two times or twice as much).

EGG-FOO-YUNG

2. How much of each ingredient is needed to make half of the Egg-Foo-Yung?

APPLE CRISP

3. How much of each ingredient is needed to make three Apple Crisps?

NUTRITION NEWS

"Hot Weather Menus and Tips"

PENNY PLANNER'S MENU

BREAKFAST

Banana in Orange Juice
Wholewheat Toast/Margarine
Coffee, Tea, Milk

LUNCH

Creamy Chicken Soup*
Assorted Sandwiches
Fresh Peach
Iced Tea or Milk

DINNER

Vegetable Lasagna*
Tossed Green Salad
Hard Rolls Margarine
Orange Sherbet
Coffee, Tea, Milk

Recipes on back

Day camp, summer picnics, afternoons in the park are all reasons to pack a meal. Summer heat can ruin the flavor of some foods and cause others to spoil, so choose wisely. A good investment is one of the insulated food carriers available. They come in a variety of sizes and price ranges and many include a built-in "freezer pack" - a substance that can be put in the home freezer until needed and then placed in the carrier to keep foods cold for several hours. Also available are small "freezer packs" to use in any type of food carrier.

Remember, when packing food carriers, keep cold foods separate from foods that do not require refrigeration. Paper goods, room temperature snack items should not be in the insulated container since these will lower the efficiency of the "freezer pack" and cause cold foods to raise in temperature at a faster rate. All foods should be well chilled or even frozen when placed in a food carrier. Even the best of these portable units are not meant to cool foods, only to maintain temperature for a few hours. Pack some ice in a sealed container for extra coolness. The melted ice can be used for drinking or as a quick water supply. Some people freeze water or juice in clean paper milk cartons or plastic jugs. Remember, when freezing liquid, don't fill any container to the top, allow room for the expansion of the liquid as it freezes.

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CREAMY CHICKEN SOUP

1 can condensed Cream of Chicken Soup
1 can condensed Chicken Rice Soup
nutmeg or curry (if desired)
Milk
Grated carrot & chopped celery

Follow directions to prepare soup using milk to replace all or part of the water. Add grated carrot and chopped celery at the end of the cooking time. Serve with a sprinkle of nutmeg or curry powder to garnish.

Serves 6.

VEGETABLE LASAGNE

12 ounces enriched lasagne noodles
Vegetable Sauce
1 pound Ricotta Cheese*
1 egg
1 bunch fresh spinach, about 3 cups
1-1/2 cups shredded cheese (American, Cheddar, Mozzarella)
1/4 cup Parmesan cheese

Cook noodles in boiling, salted water (1 gallon plus 2 tablespoons salt). Blend ricotta and egg. In a 9 x 13 inch greased baking dish layer lasagne as follows: 1/3 noodles, 1/3 of Vegetable Sauce, 1/2 spinach, 1/2 ricotta mixture, and 1/3 shredded cheese. Repeat. Top with layer of noodles and remaining sauce. Sprinkle with remaining shredded and Parmesan cheeses. Bake in preheated oven (350 degrees) 45 to 50 minutes.

*Dry Cottage cheese may be substituted.

VEGETABLE SAUCE

1-1/2 cups sliced mushrooms
3/4 cup chopped celery
2/3 cup chopped green pepper
1/2 cup chopped onion
1 clove garlic, minced
3 tablespoons olive oil
1 can (8 oz.) tomatoes
2 cans (8 oz.) tomato sauce
1 can (6 oz.) tomato paste
1 tablespoon parsley
1/2 teaspoon oregano
1/4 teaspoon basil
1/4 teaspoon pepper
1 teaspoon salt
2 cups water
2 cups sliced zucchini

In large skilled, saute mushrooms, celery, pepper, onion and garlic in olive oil, about 5 to 7 minutes. Add tomatoes, sauce, paste, seasonings and 1 cup water. Simmer, covered, 1 to 1-1/2 hours. Add zucchini and remaining water; simmer 15 more minutes. (Sauce can be made the day ahead and refrigerated overnight.)

SANDWICH SUGGESTIONS

- Sprouts and cream cheese on a bagel or serve in "pocket bread".
- Egg salad with chopped green pepper and yogurt instead of mayonnaise. Serve on 1 slice white and 1 slice wheat bread.
- Peanut butter with chopped raisins on wheat bread.
- "Salad" sandwich with a filling of sprouts, greens, and chopped vegetables, tossed with your favorite salad dressing. Serve in "pockets" (Pita bread).
- American or cheddar cheese, chopped or grated and mixed with chopped pickle and mayonnaise or yogurt. Serve on rye bread.
- Meat salad - make like ham salad using ground leftover cooked beef, veal, or pork.

EXERCISES: HOT WEATHER MENUS AND TIPS

Exercise One

INSTRUCTIONS: Write a short answer to each of the following questions.

1. Why would an insulated food carrier be needed when packing food on a summer day?

2. Why should napkins, paper cups, crackers, chips, and other room temperature items not be packed in an insulated food carrier?

3. Why should foods be well chilled or frozen before they are put into an insulated food carrier?

4. Why should a container of liquid not be filled to the top for freezing?

EXERCISES: HOT WEATHER MENUS AND TIPS

Exercise Two

INSTRUCTIONS: Choose the best answer to complete the following statements.

CREAMY CHICKEN SOUP

1. This recipe calls for

   a. one can of soup
   b. two cans of soup
   c. Campbell's soup
   d. a teaspoon of nutmeg
   e. two cups of water

2. This recipe should follow directions given

   a. with the list of ingredients
   b. on the milk carton
   c. in a cookbook
   d. on the soup can
   e. in both a and d

VEGETABLE LASAGNE

3. For preparing this dish, the oven should be set at

   a. 400 degrees
   b. 325 degrees
   c. 350 degrees
   d. 250 degrees
   e. 300 degrees

4. The noodles should be placed in the dish

   a. all at once
   b. one at a time
   c. in two layers
   d. in three layers
   e. in five layers

VEGETABLE SAUCE

5. The total cooking time for this recipe is

   a. about one hour and twenty minutes to one hour and fifty-five minutes
   b. about one hour to two hours
   c. about fifteen minutes to forty-five minutes
   d. about 30 minutes to one and one-half hours.
   e. about one and one-half hours to two hours.

6. This recipe should be cooked

   a. the day it is served only
   b. the day before it is served only
   c. the day before or the day it is to be served
   d. three hours ahead of serving time
   e. twenty minutes ahead of serving time

NUTRITION NEWS

"Low Blood"

PENNY PLANNER'S MENU

BREAKFAST

Fresh Strawberries
Baked Custard*
Wholewheat Toast Margarine
Coffee, Tea or Milk

LUNCH

Vegetable Soup
Green Salad with Cheese Wedges
Crackers
Iced Tea or Milk

DINNER

Alena's Baked Liver
Buttered Thin Noodles
Green Peas
Bread Margarine
Fruit Cup with Sherbet

(Recipes on Back)

Most of us have known someone who has the health problem, "low blood", iron deficiency anemia. This condition occurs when the body does not receive enough of the mineral iron - the nutrient that aids in the foundation of red blood cells.

Anyone can develop anemia but it is more likely to affect pregnant women, infants and young children, and most especially tennage girls. These are groups who have an especially high need for iron since the body is producing more blood either to replace monthly losses or to aid in growth and development of a baby.

To determine if you have anemia, ask your physician or nurse to include one of the simple tests as a part of your routine health examination. There are some signs that may be visible - such as pale skin, loss of appetite, lack of energy - but only a blood test can provide the correct information.

To prevent anemia, include foods in your diet that are good sources of iron. Liver and liver sausage are two choices. Enriched cereals are excellent sources if iron has been added (check the label). Egg yolks, red meats, dried beans, and greens are good sources. Remember, milk and milk formulas do not contain iron but iron fortified infant formula is an excellent source for infants.

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Try the recipes for liver included in this newsletter.

BAKED CUSTARD

4 eggs
1/4 to 1/2 cup sugar
1/4 teaspoon salt
3 cups milk, scalded
1 teaspoon vanilla
nutmeg, if desired

1. Beat eggs with sugar and salt.
2. Add milk to egg mixture - generally, Stir constantly, add vanilla.
3. Fill custard cups, if desired sprinkle with nutmeg.
4. Place custard cups in a deep pan. Pour hot water into pan to come within 1/2 inch of the top of the cups.
5. Bake 325° F. oven for 45 - 60 minutes or until a knife inserted in center of the custard comes out clean.
6. Refrigerate. Serve cold. Makes 6 servings.

ALENA'S BAKED LIVER

2 lbs. beef or pork liver
4 slices bacon
1 onion, sliced
2 tablespoons Worcestershire sauce
2 tablespoons catsup
1 tablespoon chopped green pepper
salt & pepper
Water

Place liver in greased baking dish and cover with bacon. Add remaining ingredients, using enough hot water to nearly cover liver. Cover and cook in slow oven (300° F) about 1-1/2 hours. Remove cover for last 15 minutes to brown bacon.

STUFFED LIVER

3 lb. liver
1/4 teaspoon pepper
1/4 lb. sliced salt pork
2 tablespoons salt
1/4 cup flour

STUFFING

1/3 cup melted fat
3 cups fine bread crumbs
1/8 teaspoon pepper
water
1 teaspoon sage
1 tablespoon minced onion
1 teaspoon salt

Mix ingredients in order given using enough water to hold crumbs together.

Buy a chunk piece of liver, wash and dry. Cut a pocket in the thickest part. Put the stuffing in the pocket. Season and dredge with flour. Place slice of salt pork over liver. Bake uncovered in moderate oven (350° F.) for 2 hours.

EXERCISES: "LOW BLOOD"

INSTRUCTIONS: Choose the answer which best completes the following statements.

1. "Low blood" means that

   a. there is too little blood in the body
   b. blood pressure is low
   c. the body does not have enough iron
   d. a person is depressed
   e. the body has too many white blood cells

2. Iron deficiency anemia affects

   a. pregnant women
   b. infants
   c. young children
   d. teenage girls
   e. all of the above

3. Iron is needed to

   a. help form red blood cells
   b. build strong bones
   c. prevent tooth decay
   d. form strong nails
   e. none of the above

4. Some signs of anemia are

   a. loss of hair
   b. pale skin
   c. loss of appetite
   d. lack of energy
   e. b, c, & d

5. to prevent anemia, your diet should include

   a. milk
   b. liver
   c. egg yolks and red meat
   d. a, b, and c
   e. b and c

BAKED CUSTARD

1. For this recipe, the milk should be

   a. cold
   b. room temperature
   c. warm
   d. almost boiling
   e. none of the above

2. Hot water is put in the pan around the custard cups to

   a. prevent the cups from breaking
   b. prevent the custard mix from scorching
   c. provide steam for cooking
   d. keep the cups clean
   e. a and b

BAKED LIVER

1. The amount of liver required for this recipe is

   a. 3 pounds
   b. 2 1/2 pounds
   c. 2 pounds
   d. 1 pound
   e. 3 1/2 pounds

2. The cover should remain on the dish for

   a. about 1 hour
   b. about 1-1/2 hours
   c. about 1 hour 45 minutes
   d. about 1 hour 15 minutes
   e. about 2 hours

STUFFED LIVER

1. This recipe requires

   a. enough water to hold crumbs together
   b. 1/4 cup of water
   c. 1/2 cup of water
   d. 2 tablespoons of water
   e. 2 teaspoons of water

2. For preparing this dish, the oven should be set at

   a. 500 degrees
   b. 350 degrees
   c. 400 degrees
   d. 375 degrees
   e. 325 degrees

NUTRITION NEWS

"Milk Matters"

PENNY PLANNER'S MENU

BREAKFAST

Orange Juice
Cold Cereal
Coffee, Tea, Milk

LUNCH

Beef & Vegetable Soup
Sliced Hard-Cooked Eggs
Crackers
Carrot-Cheese Cookies*
Milk or Iced Tea

DINNER

Cheese Bake*
Cooked Greens
Bread & Margarine
Strawberries
Milk, Coffee, Tea

SNACK - Molasses Make-A-Shake*

June is National Dairy Month. That is a good reminder of the calcium and protein that comes from milk and cheese. Now that we are all looking for less expensive ways to include protein, milk and cheese can be a delicious answer. Milk and cheese also give us the all-important calcium we need.

The biggest money saving tip for milk products is to use instant nonfat dry milk mixed with water instead of fresh milk. It is a saving of 35¢ on every $1.00 spent on fresh milk. Chilling it after mixing improves the flavor for drinking. Some families like the flavor best when the nonfat dry milk and water is mixed half and half with fresh milk. In cooking, the milk powder can be added to the dry ingredients and the right amount of water added as the liquid. For a cup of milk in a receipe, use 1/3 cup of milk powder and 3/4 cup plus 2 tablespoons of water as liquid.

People of all ages need some milk every day. Teenagers need 4 cups of milk; young children need 3 cups, and adults need 2 cups. The pregnant and nursing mother should include 4-5 cups of milk in her daily food choices. In all cases, cheese products can be used for part of this daily milk as can milk products such as yogurt, and foods made with milk.

(Adapted from a publication of the Pennsylvania State University and the U. S. Dept. of Agriculture Cooperating)

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CARROT-CHEESE COOKIES

2/3 cup margarine or shortening
1/2 cup brown sugar
1 egg
3/4 cup flour
1 teaspoon vanilla
1/4 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/8 teaspoon cloves
1-1/2 cups uncooked rolled oats (quick or old-fashioned)
1 cup (4 oz.) shredded American cheese
1 cup shredded carrots, uncooked.

Mix shortening and brown sugar. Add egg and mix well. Stir in flour, vanilla, soda, salt, and spices. Add oats, cheese and carrots. Stir until evenly blended. Drop teaspoonfuls on flat, ungreased baking pan. Bake at 350 degrees about 15 minutes. Makes 3 dozen.

MOLASSES MAKE-A-SHAKE

1/3 cup nonfat dry milk
1 cup water
2 teaspoons molasses
1 ice cube

Combine ingredients in a jar with a tight lid and shake well. Serve cold. Makes 1 serving.

CHEESE BAKE

1-1/2 cups chopped celery
1/4 cup chopped onion
3 tablespoons margarine
4 cups (about 12 slices) bread torn into pieces (include crusts)
2 cups (8 oz.) sharedded American cheese
2/3 cup dry skim milk, not reconstituted
1-3/4 cups water
2 eggs
2 teaspoons prepared mustard
1 teaspoon salt
1/2 teaspoon pepper

Cook celery and onion in margarine until tender. In a greased baking dish (2 quart) layer half the bread, half the celery mixture, and the cheese. Repeat layers. Beat together the dry milk, water, eggs, and seasonings. Pour evenly over bread mixture. Makes 6 servings.

Oven cooking: Bake at 325 degrees for 45 minutes.

Top of range: In the bottom of a large pan, put jar lids or something similar to make a rack. Add water up to half the height of baking dish. Put filled baking dish on rack. Cover large pan. Bring to boil and turn down heat. Simmer 45 minutes.

EXERCISES: MILK MATTERS

INSTRUCTIONS: Choose the answer which best completes the following statements.

1. Milk provides

   a. butter
   b. thiamin
   c. calcium
   d. protein
   e. c and d

2. Using nonfat dry milk instead of fresh milk provides a savings of

   a. 50¢ on every gallon of fresh milk
   b. 25¢ on every $1.00 spent on fresh milk
   c. 35¢ on every $1.00 spent on fresh milk
   d. 35¢ on every gallon of fresh milk
   e. none of the above

3. The most milk per day is needed by

   a. pregnant and nursing mothers
   b. adults
   c. young children
   d. teenagers
   e. none of the above

CARROT-CHEESE COOKIES

1. This recipe makes

   a. 24 cookies
   b. 48 cookies
   c. 36 cookies
   d. 12 cookies
   e. none of the above

2. Oats, cheese, and carrots should be added

   a. before the egg
   b. after the shortening and brown sugar
   c. with the flour, vanilla, soda, and spices
   d. before the flour, vanilla, soda, and spices
   e. after the flour, vanilla, soda, and spices

CHEESE BAKE

3. For twelve servings, use

   a. 8 cups of bread
   b. 4 cups of bread
   c. 6 cups of bread
   d. 2 cups of bread
   e. 10 cups of bread

4. The dry milk, water, eggs, and seasonings should be

   a. stirred in with the bread and cheese
   b. cooked with the celery and onion
   c. layered between bread, celery, and cheese
   d. poured into dish before adding bread
   e. poured evenly over bread mixture

NUTRITION NEWS

"No-Nitrite Meats--
Handle With Care"

Reprinted from: No-Nitrite Meats-Handle Carefully; Food Safety and Quality Service; PA-1238; August 1979; GPO: 1979 9 - 299-797

NO-NITRITE MEATS - Handle Carefully

Frankfurter, salami, bacon....You know just what to expect when you buy one of these products - what it looks like, what it will taste like, and how long you can keep it in your refrigerator.

That's because these meat products must be made according to rules set up by the U.S. Department of Agriculture (USDA). The USDA rules make sure the bacon, frankfurters, and salami you buy are what you expect them to be. In fact, people who make these meat products can't use those names unless they make the products according to the USDA rules.

NITRITE USED TO CURE MEAT

Products with names like "salami" or "bologna" must be preserved or "cured". Curing is a way of preparing meat to make it stay safe to eat for a longer time than fresh meat. Nitrite is used most often to cure products like bologna, frankfurters, bacon, and salami. The nitrite not only acts as a preservative but helps give these products their distinctive color and taste. But more important, it helps to stop germs from growing in these meats - germs that can cause botulism. BOTULISM IS A FOOD POISONING THAT IS SO SERIOUS THAT YOU CAN DIE FROM IT.

QUESTIONS ABOUT NITRITE

But some people are questioning the safety of nitrite. They are concerned that additives such as nitrite may be harmful in some way to people's health. Others are concerned about initial reports that nitrite may even be a cause of cancer in laboratory animals.

PRODUCTS WITHOUT NITRITE - UNCURED

So some consumers and meat processors have asked USDA to change the rules so they can have bologna, bacon, frankfurters, and other cured meats without nitrite, but still called by those names. These products will look and taste much like the bologna and bacon you are used to. But because they don't have nitrite, these products - unless frozen or otherwise preserved - will not stay safe to eat as long as bologna and bacon made with nitrite.

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USDA did change the rules, but with one important difference.

So that you will be able to see right away which frankfurters and bologna don't have nitrite, and know they won't keep as long as products with nitrite, the new rules say the products without nitrite must be called "UNCURED". Labels for these products will read: "UNCURED FRANKFURTERS", "UNCURED BOLOGNA", "UNCURED BACON," or "UNCURED SALAMI".

When you see the word "UNCURED", that means you must take care of the products just as you would fresh meat like ground beef or fresh pork. You can keep UNCURED BOLOGNA, BACON, FRANKFURTERS in the refrigerator only 4 to 7 days, not 2 to 3 weeks as you can keep bacon, bologna, and franks with nitrite.

LABELS CARRYING WARNING

The new rules also say the labels of UNCURED meat products must carry a warning: "No Nitrite or Nitrite Added. Not Preserved - Keep Refrigerated Below 40°F At All Times."

So remember, if you buy UNCURED BACON, UNCURED FRANKFURTERS:

.....Keep it refrigerated.
.....Don't let it sit on the table or kitchen counter.
.....Don't pack UNCURED BOLOGNA sandwiches in a brown bag lunch UNLESS you can keep them cold until lunch time.

To protect your family and yourself from food poisoning, handle these new UNCURED products with old names as carefully as you do raw meat.

TIPS FOR HANDLING UNCURED MEAT PRODUCTS

.....Select meats just before leaving the store.
.....Have cold products packed together so they stay cool longer.
.....Go home directly to refrigerate the products.
.....USE MEAT WITHIN 4 TO 7 DAYS or follow storage instructions on the labels of the packaged meats.
.....If you want to freeze the meat, leave it in factory packaging or wrap tightly in moisture-resistant material such as aluminum foil or freezer paper.
.....Defrost meat in the refrigerator or - for a quicker method - immerse the package in its watertight wrapper in cold water.
.....If products are to be cooked, cook them thoroughly or according to package instructions.
.....REFRIGERATE LEFTOVERS PROMPTLY and use within 3 to 4 days.
.....If you are going on a picnic, carry food products in a well-insulated cooler with plenty of ice. Leave cooler in a shady spot so ice will not melt too fast. Do not open cooler unnecessarily. Put leftovers back into cooler right away. Be sure sufficient ice is in the cooler to keep leftover meat cold until you get home.
.....TO PACK A SAFE "BROWN BAG" LUNCH, use one of these methods: Prepare and freeze the meat sandwich the evening before...it will thaw in time for lunch. Pack sandwich in a small insulated container such as the commercially available foam plastic. Double wrap the sandwich and pack it with a cold piece of fruit or cold can of juice. Put a cold device into the lunchbag. The device might be a commercial freezer gel, a plastic bag filled with ice cubes, or a cleaned-out margarine tub that you have filled with water and frozen.

EXERCISE: NO-NITRITE MEATS--HANDLE WITH CARE

INSTRUCTIONS: Write a short answer to each of the following questions.

1. Who sets up the rules for making frankfurters, salami, and bacon?

2. Why are meats "cured"?

3. Why is nitrite a good preservative?

4. What is botulism?

5. Why do people want frankfurters, bacon, and salami made without nitrite?

6. What is the difference between meats that are not cured with nitrite and those that are?

7. What are meats called that have not been cured with nitrite?

8. What does it mean when you see the word "uncured"?

9. How long can uncured bologna, frankfurters, and bacon be kept in the refrigerator?

10. What should you remember if you buy uncured meat products?

NUTRITION NEWS

ANSWER KEYS

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EXERCISES: CALL IT STUFFING

GED SKILL: Supporting Idea

ANSWER KEY

Exercise One

INSTRUCTIONS: Choose the best answer to complete the following statements.

1. Recently, we've heard more about stuffing

   C. because of advertising about a fast-cooking stuffing product (Supporting Idea)

2. Made-at home-stuffing

   A. costs about half as much as the packaged product (Supporting Idea)

3. If we compare stuffing to mashed potatoes as a side dish, we find

   E. that potatoes have more vitamin C and fewer calories (Supporting Idea)

4. When stuffing is put right inside the bird to cook, there is

   D. a danger of food poisoning (Supporting Idea)

5. If stuffing cannot be cooked in a separate pan beside the bird, you should

   B. add 30 minutes to the cooking time of the bird and take it out to rest while cooking the stuffing (Supporting Idea)

ANSWER KEY

Exercise Two

INSTRUCTIONS: Choose the best answers to complete the following statements:

Coconut French Toast

1. This recipe calls for

E. ¼ cup crushed flaked cereal (Supporting Idea)

2. This recipe should be

C. served without syrup (Supporting Idea)

Apple Stuffing

3. This recipe can be

E. all of the above (Supporting Idea)

Cranberry Crisp

4. This recipe can be cooked in

A. an 8" square or similar pan (Supporting Idea)

5. This recipe calls for

B. one can whole berry cranberry sauce (Supporting Idea)

EXERCISE: COMPLETE PROTEIN

GED SKILLS: Main Idea
BASIC SKILLS: Reading Charts and Graphs

ANSWER KEY

Exercise One

INSTRUCTIONS: Choose the best answer to complete the following statements.

COMPLETE PROTEIN CASSEROLES

1. A casserole should be made with ingredients from
   D. five categories (Main Idea)

2. These casseroles are good because they
   C. provide complete protein without meat (Main Idea)

EXERCISES: AVERAGE PROTEIN CONTENT

ANSWER KEY

Exercise Two

INSTRUCTIONS: Read the chart titled "Average Protein Content of a Variety of Foods," and fill in the blanks below with the correct answer.

1. One cup of cooked dried peas provides 15-20 grams of protein.
2. One slice of toast provides 1-4 grams of protein.
3. One cup of ice cream provides 6-8 grams of protein.
4. Two tablespoons of peanut butter provides 4-6 grams of protein.
5. One cup of buttermilk provides 8-10 gramsof protein.

EXCERCISE: COTTAGE CHEESE

GED SKILLS: Main Idea and Supporting Ideas

BASIC SKILLS: Summarizing Ideas and Writing

ANSWER KEY

INSTRUCTIONS: Write a short summary of the most important ideas given about Cottage Cheese. (Hint: a summary tells what the overall passage is about, but it does not provide many details. It only gives the main ideas, and it is usually one-third or less of the length of the original. For example, if the original passage is 11 or 12 sentences long, the summary would only be 3 or 4 sentences long.)

Cottage Cheese is an economical, low-cost main dish that provides protein. It is low in calories and can be eaten many ways. It must be refrigerated and should be used before the freshness date expires.

EXERCISES: DIETARY GOALS

GED SKILLS: Main Idea and Supporting Idea

BASIC SKILLS: Self-Evaluation and Analysis

ANSWER KEY

Exercise One

INSTRUCTIONS: Answer the following questions.

1. Where do you eat most of your meals?

(Answers will vary)

2. Are there any special problems caused by eating your meals where you do?

For example, foods from vending machines are most likely to be high in refined sugars.

(Answers will vary)

3. How could you improve your diet?

(Answers will vary)

ANSWER KEY

Exercise Two

INSTRUCTIONS: Review the Dietary Goal suggestions, then answer the following questions.

1. How does the Open-face Chicken Sandwich meet Dietary Goals?

It uses lean meat -- chicken-- instead of fatty meat.

It includes complex carbohydrates by using bread for grain and tomatoes for vegetables.

2. How does the apple waldorf salad meet Dietary Goals?

It includes complex carbohydrates by using apples and celery.

It cuts out fat but provides protein with the walnuts and cottage cheese.

It doesn't use sugar as a sweetener.

EXERCISES: HARVEST FRUITS & VEGETABLES

GED SKILLS: Main Idea and Supporting Idea

BASIC SKILLS: Measurement Computations

ANSWER KEY

Exercise One

INSTRUCTIONS: Choose the best answer to complete the following statements:

1. Fall weather brings

   E. harvest fruits and vegetables (Main Idea)

2. Harvest fruits and vegetables are

   E. all of the above (Supporting Idea)

3. Tomatoes still green on the vine can be gathered and

   C. wrapped in tissue or newspaper (Supporting Idea)

ANSWER KEY

Exercise Two

INSTRUCTIONS: Answer each of the following questions. This may require you to add, subtract, multiply, or divide or to change from one number expression to another.

YOGURT - N - FRUIT

1. What amount of yougurt, jam or honey, and sliced strawberries will be needed for a "double" recipe? (Hint: "Double" means two times or twice as much.)

16 oz. yogurt (or 1 cup)
2 tablespoons of jam or honey
10-12 Strawberries

EGG - FOO- YUNG

2. How much of each ingredient is needed to make half of the Egg-Foo-Yung?

3 eggs
¼ teaspoon salt
½ teaspoon soy sauce
Vegetable oil
3/8 cup diced cooked meat
½ to 3/4 cups bean sprouts

APPLE CRISP

3. How much of each ingredient is needed to make three Apple Crisps?

6 tablespoons sugar
3/4 teaspoon cinnamon
12 cups pared, sliced apples
3/4 cup water
1½ cups flour
3/8 teaspoon salt
3/4 teaspoon cinnamon
3/4 teaspoon nutmeg
1 cup brown sugar, packed
9 tablespoons softened butter or margarine

EXERCISES: HOT WEATHER MENUS AND TIPS

GED SKILLS: Inference and Application of Ideas

BASIC SKILLS: Writing

ANSWER KEY

Exercise One

INSTRUCTIONS: Write a short answer to each of the following questions.

1. Why would an insulated food carrier be needed when packing food on a summer day?

   It helps preserve the flavor of some foods, and it keeps food from spoiling.

2. Why should napkins, paper cups, crackers, chips, and other room temperature items not be packed in an insulated food carrier?

   These cause the ice or cold packs to melt, and they raise the temperature of cold foods.

3. Why should foods be well chilled or frozen before they are put into an insulated food carrier?

   The carriers are not meant to chill the food; they only preserve the temperature.

4. Why should a container of liquid not be filled to the top for freezing?

   Liquids expand when they freeze; the liquid will spill out or the container will burst if it is too full.

EXERCISES: HOT WEATHER MENUS AND TIPS

ANSWER KEY

Exercise Two

INSTRUCTIONS: Choose the best answer to complete the following statements.

CREAMY CHICKEN SOUP

1. This recipe calls for

B. two cans of soup. (Intended Inference)

2. This recipe should follow directions given

E. in both a and d. (Intended Inference)

VEGETABLE LASAGNE

3. For preparing this dish, the oven should be set at

C. 350 degrees. (Supporting Idea)

4. The noodles should be placed in the dish

B. in three layers. (Intended Inference)

VEGETABLE SAUCE

5. The total cooking time for this recipe is

A. about one hour and twenty minutes to one hour and fifty-five minutes. (Intended Inference)

6. This recipe should be cooked

C. the day before or the day it is to be served. (Intended Inference)

EXERCISES: "LOW BLOOD"

GED SKILLS: Inference and Application of Ideas

ANSWER KEY

INSTRUCTIONS: Choose the answer which best completes the following statements.

1. "Low blood" means that

   C. the body does not have enough iron

2. Iron deficiency anemia affects

   E. all of the above

3. Iron is needed to

   A. help form red blood cells

4. Some signs of anemia are

   E. b, c, & d

5. To prevent anemia, your diet should include

   E. b and c

BAKED CUSTARD

1. For this recipe, the milk should be

   D. almost boiling (Intended Inference)

2. Hot water is put in the pan around the custard cups to

   E. a and b (Intended Inference)

BAKED LIVER

1. This recipe requires

   C. 2 pounds (Supporting Idea)

2. The cover should remain on the dish for

   D. about 1 hour 15 minutes (Intended Inference)

STUFFED LIVER

1. This recipe requires

   A. enough water to hold crumbs together (Supporting Idea)

2. For preparing this dish, the oven should be set at

   B. 350 degrees (Supporting Idea)

EXERCISES: MILK MATTERS

GED SKILLS: Supporting Ideas or Details

ANSWER KEY

INSTRUCTIONS: Choose the answer which best completes the following statements.

1. Milk provides

   E. c and d (Supporting Ideas or Details)

2. Using nonfat dry milk instead of fresh milk provides a savings of

   C. 35¢ on every $1.00 spent on fresh milk (Supporting Ideas or Details)

3. The most milk per day is needed by

   A. pregnant and nursing mothers (Supporting Ideas or Details)

CARROT-CHEESE COOKIES

1. This recipe makes

   C. 36 cookies (Intended Inference)

2. Oats, cheese, and carrots should be added

   E. after the flour, vanilla, soda, and spices (Supporting Ideas or Details)

CHEESE BAKE

3. For twelve servings, use

   A. 8 cups of bread (Intended Inference)

4. The dry milk, water, eggs, and seasonings should be

   E. poured evenly over bread mixture (Supporting Ideas or Details)

EXERCISE: NO-NITRITE MEATS--HANDLE WITH CARE

GED SKILLS: Reading Skills
BASIC SKILLS: Writing

ANSWER KEY

INSTRUCTIONS: Write a short answer to each of the following questions.

1. Who sets up the rules for making frankfurters, salami, and bacon?

   The U.S. Department of Agriculture. (U.S.D.A.) makes the rules.

2. Why are meats "cured"?

   Meats are cured so that they are preserved -- so that the meat stays safe to eat for a longer period of time.

3. Why is nitrite a good preservative?

   It prevents germs from growing in these meats -- germs that can cause botulism.

4. What is botulism?

   Botulism is a food poisoning that is so serious you can die from it.

5. Why do people want frankfurters, bacon, and salami made without nitrite?

   They are afraid additives such as nitrite can be harmful to their health and they are concerned that nitrite may cause cancer in laboratory animals.

6. What is the difference between meats that are not cured with nitrite and those that are?

   Meats that are not cured with nitrite do not have quite the same color and taste, and they do not stay safe to eat as long as meats, that are cured with nitrite.

7. What are meats called that have not been cured with nitrite?

   These meats will be called "Uncured" - Uncured Frankfurters, Uncured Bologna, Uncured Bacon, Uncured Salami.

8. What does it mean when you see the word "Uncured"?

It means you must take care of the meat just as you would fresh meat like ground beef or fresh pork.

9. How long can uncured bologna, frankfurters, and bacon be kept in the refigerator?

They can be kept in the refrigerator only 4 to 7 days.

10. What should you remember if you buy uncured meat products?

-- Keep it refrigerated.
-- Don't let it sit on the table or kitchen counter.
-- Don't pack uncured sandwiches in a brown bag lunch unless you can keep them cold until lunch time.